

# Individualized Health Plan (IHP) Sample

Assessment Data	Nursing Diagnosis	Goals	Nursing Interventions	Expected Outcomes
Student has frequent hypoglycemic and/or hyperglycemic events. Student has irregular blood glucose monitoring	Physiological injury due to development of acute complications related to hypoglycemic or ketoacidosis (NANDA 1.6.1) (Taxonomy II NANDA code 00035)	Student (parent) will recognize and treat early signs of insulin shock appropriately and know how to recognize and respond to early signs of ketoacidosis.	Interview student to determine typical low blood sugar symptoms. Evaluate if student understands his/her reaction symptoms in early stages.	The student will be successful in diabetes management in the school setting. The student will manage or have assistance managing low blood sugar episodes.
Student has frequent infections			Monitor blood glucose testing and recording, instruct and reinforce skills PRN.	The student will not experience ketoacidosis.
Student is skipping recommended snacks.			Instruct student in pathophysiology of diabetes at level the student is capable of understanding (age and development appropriate).	The student will perform or have assistance performing blood glucose tests.
			Monitor insulin administration if given at school. Instruct and reinforce skills PRN. Monitor diet adherence, reinforce and instruct PRN. Monitor snack supply.	The student will maintain blood sugar within acceptable range.

Igoe, J., ed. *The School Nurse's Source Book of Individualized Healthcare Plans Volume I*. North Branch, MN, 1993. A complete care plan is available from Sunrise River Press, 39966 Grand Avenue, North Branch, MN 55056, 800-895-4585.

NANDA Nursing Diagnoses: Definitions and Classifications (2001-2002). North American Nursing Diagnosis Association, Philadelphia. Gordon M, Avant K, Herdman H, Hoskins L, Lavin MA, Sparks S, Warren J, Editorial Committee.

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			Instruct student in meaning of glucose levels and appropriate action required at levels 40-300.	
			Arrange space and time for student to perform self-care activities. Assess student and teacher(s) level of understanding diabetes. Instruct PRN at appropriate level of understanding.	
			Instruct student and teacher(s) in what to do when early low blood sugar symptoms begin.	
			Develop individual emergency plan for (with) student and share with faculty (including plan for administration of glucagons PRN).	
			Support student and family in adaptation to diabetes.	

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Assessment Data	Nursing Diagnosis	Goals	Nursing Interventions	Expected Outcomes
Student displays lack of knowledge regarding medication, diet, blood sugar monitoring and exercise.	Knowledge deficit related to: oral hypoglycemic medication, insulin administration, dietary regimen, exercise requirements, blood sugar monitoring and/or balance of insulin, diet and exercise. (NANDA 8.1.1) (Taxonomy II NANDA code 000126)	Student will increase understanding of pathophysiology of diabetes and develop or improve the skills necessary to manage self.	Instruct student in pathophysiology of diabetes at level the student is capable of understanding (age and development appropriate).	The student will be successful in diabetes management in the school setting.
			Monitor insulin administration if given at school. Instruct and reinforce skills PRN.	The student will demonstrate increased knowledge and skill in medication management.
			Monitor diet adherence, reinforce and instruct PRN.	The student will demonstrate increased knowledge and skill in diet management.
			Instruct student in weight management, monitor weight regularly with student.	

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			Instruct student in meaning of glucose levels and appropriate action required at levels 40-300.	The student will perform or have assistance performing blood glucose tests.
			Arrange space and time for student to perform self-care activities.	
			Provide reinforcement and praise follow-through for self-management abilities.	

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